



Selfie with nutrition team interns



Mashed Peas with Prawns and
Scallops Cooking Workshop

GameChanger Financial Workshop

EMPOWERING DOWN SYNDROME AND AUTISTIC COMMUNITY

EMPLOYMENT AND DEVELOPMENT PROGRAMME

Responsibility: to monitor and train skills of employees with Down Syndrome and autism

LEADERSHIP QUALITY: CULTURAL SENSITIVITY

A true leader is accountable for her words and actions, approaching each interaction with respect.

MENTORSHIP PROGRAMME

Responsibility: to bridge communication between HSBC mentors, mentees with Down Syndrome and autism

LEADERSHIP QUALITY:

FLEXIBILITY

A true leader shall cultivate adaptability to tackle hiccups with calmness.

JC HEALTH AND NUTRITION PROGRAMME

Responsibility: to train employees to perform body analysis, and hold cooking workshops

LEADERSHIP QUALITY: EMPOWERMENT

A true leader empowers the community in need as active advocates, instead of passive recipients.

IMPACTS

MUTUAL TAKEAWAYS:

While the Down Syndrome and Autistic community gained skills and confidence,

I too gained fulfilment and friendships.

BELIEF IN INDIVIDUAL

POTENTIAL:

To underscore abilities not disabilities.

TRANSFORMATIVE

UNDERSTANDING OF LEADERSHIP

FUTURE PLANS

To advocate for attention, resources, inclusive environment for Down Syndrome and autistic community.

To support Love 21 and connect non-profit organisations.